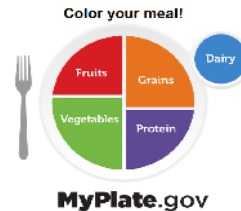




BLUEBERRY AND WILD RICE SALAD



Ingredients:

2 Tbsp Lemon Juice

2 tsp Honey

1 tsp Salt

1 cup Blueberries

1/4 cup Shallot or Onion, diced

1.5 cup Corn, optional

2 Tbsp Olive Oil

1/2 tsp Cumin

2 cup Wild Rice, cooked

1 Cucumber, diced

1/4 cup Cilantro, minced

Directions:

1. In a large bowl, whisk together lemon juice, olive oil, honey, cumin, and salt.
2. Add blueberries, cucumber, shallot or onion, and cilantro. Add corn if using. Mix together.
3. Serve immediately or cover and chill for 1 hour to let flavors meld.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention **Gleaners** when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

F.O.R.
Food and Other Resources
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For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

 Operado por el Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services

F.O.R.
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خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

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Scan the QR code below for more resources!



linktr.ee/GleanersKitchen

Text **HEALTHYEATS** to 833-956-1009 to get text alerts for classes, nutrition tips, recipes, and more!